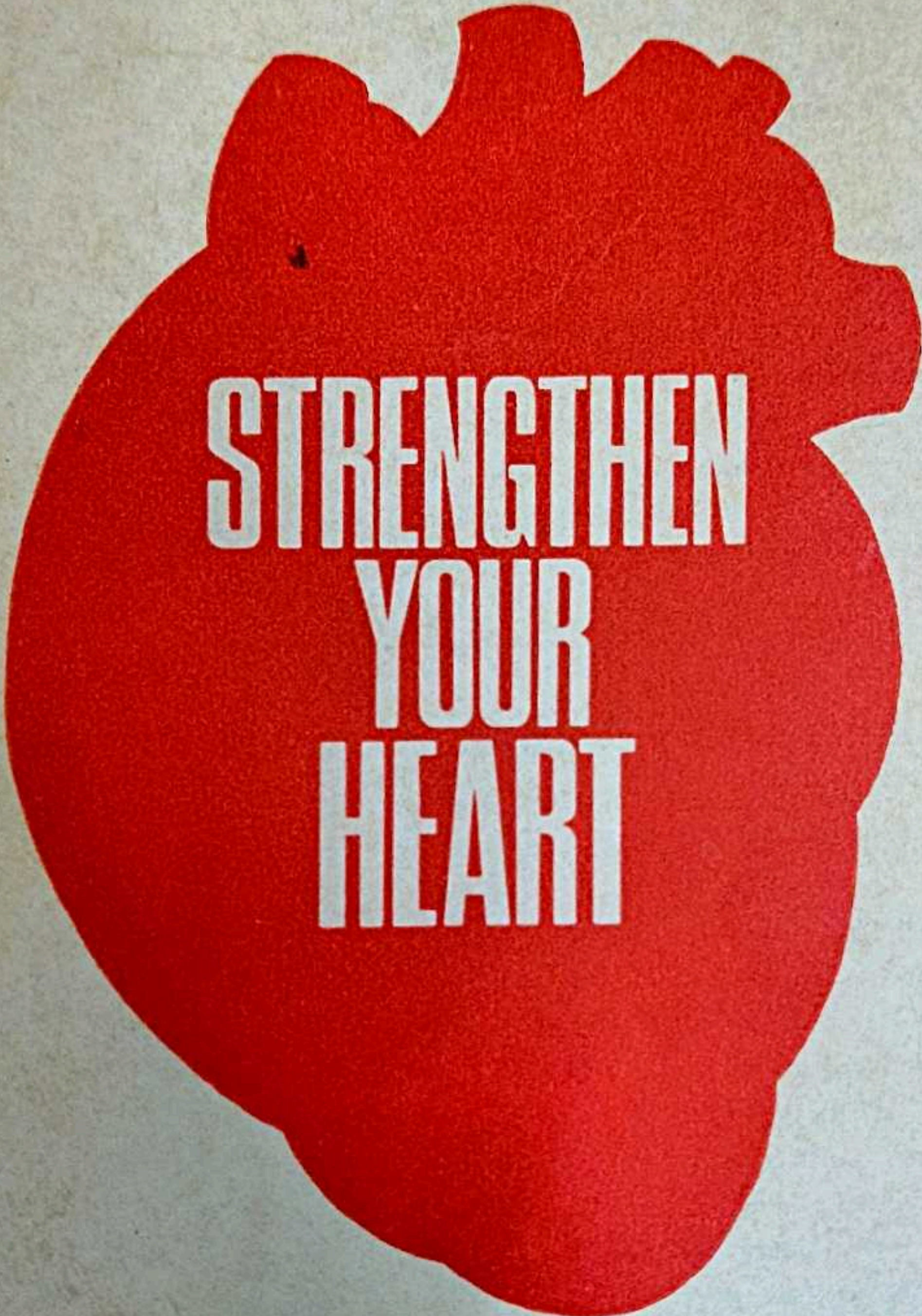


■ ZELEIN ■



**STRENGTHEN
YOUR
HEART**

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About the Book

Diseases of the cardiovascular system are now the most widespread in the world. This book tells of the symptoms, treatment and prevention of these diseases. The reader will learn how the cardiovascular system functions, and how to correctly organize his work, leisure and diet in order to help strengthen his heart. He will also learn of the role played by hardening of the body and by sports in the maintenance of his health.

The book is designed for the general reader of any age, but it will be especially appreciated by people suffering from cardiovascular diseases.

About the Author

Prof. Vladimir Zelenin, member of the U.S.S.R. Academy of Medical Sciences, was the first in Russia to elaborate principles of clinical electrocardiography. He is the author of the bicardiogram theory which is widely acknowledged the world over.

Prof. Zelenin's scientific activity was mainly devoted to the problems of experimental and clinical cardiology. In his works (over 80 publications) he propagated the prevention and treatment of diseases of the cardiovascular system.

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PREFACE

The author of this book has delivered many a lecture on heart diseases to various groups of people, young and old. The numerous questions asked after lectures show that the audiences take a deep interest in this field. The listeners want to know how to strengthen the heart and prevent cardiovascular disease, what harmful influences to avoid, what signs indicate incipient disease and what should be done to prevent its development.

Some of the questions betray a lack of information or, what is even worse, wrong ideas of the significance, of such extraordinarily important 'mainsprings of health' as physical culture, work, rest, diet, etc.

In writing this book the author aimed at acquainting the reader with modern ideas concerning the wonderful activity of the heart and blood vessels, at refreshing and supplementing the knowledge in this field the reader may have acquired at school or in college, at helping him to prevent cardiovascular disease, and at showing him how he may help his physician to control the disease at its very source.

It should be noted that this book will not help the patient either to diagnose his disease or to estimate its seriousness. It goes without saying that the patient will not be able to treat himself; nor should he attempt to do so. On the other hand, the book will enable the patient to give the physician an intelligible account of his sensations, to follow the latter's

instructions properly, and to organize his life in a manner that may contribute to the success of the treatment.

We thought it expedient to give in the present edition a concise account of a new, rapidly-developing science—gerontology, engaged in the scientific study of the aging process, its phenomena, diseases, etc. This book is mainly devoted to the problems treated by gerontology.

The section on diet has been considerably expanded, and its prophylactic, protective role, primarily for middle-aged and elderly people, has been emphasized.

We have but slightly touched upon the great results achieved by heart surgery, and dwelt mainly on operations for certain congenital and acquired forms of heart-failure common to the largest group of patients suffering from cardiovascular diseases.

Certain changes have also been made in the other sections of the book.

TO THE READER

Mir Publishers welcome your comments on the content, translation and design of this book.

We would also be pleased to receive any suggestions you care to make about our future publications.

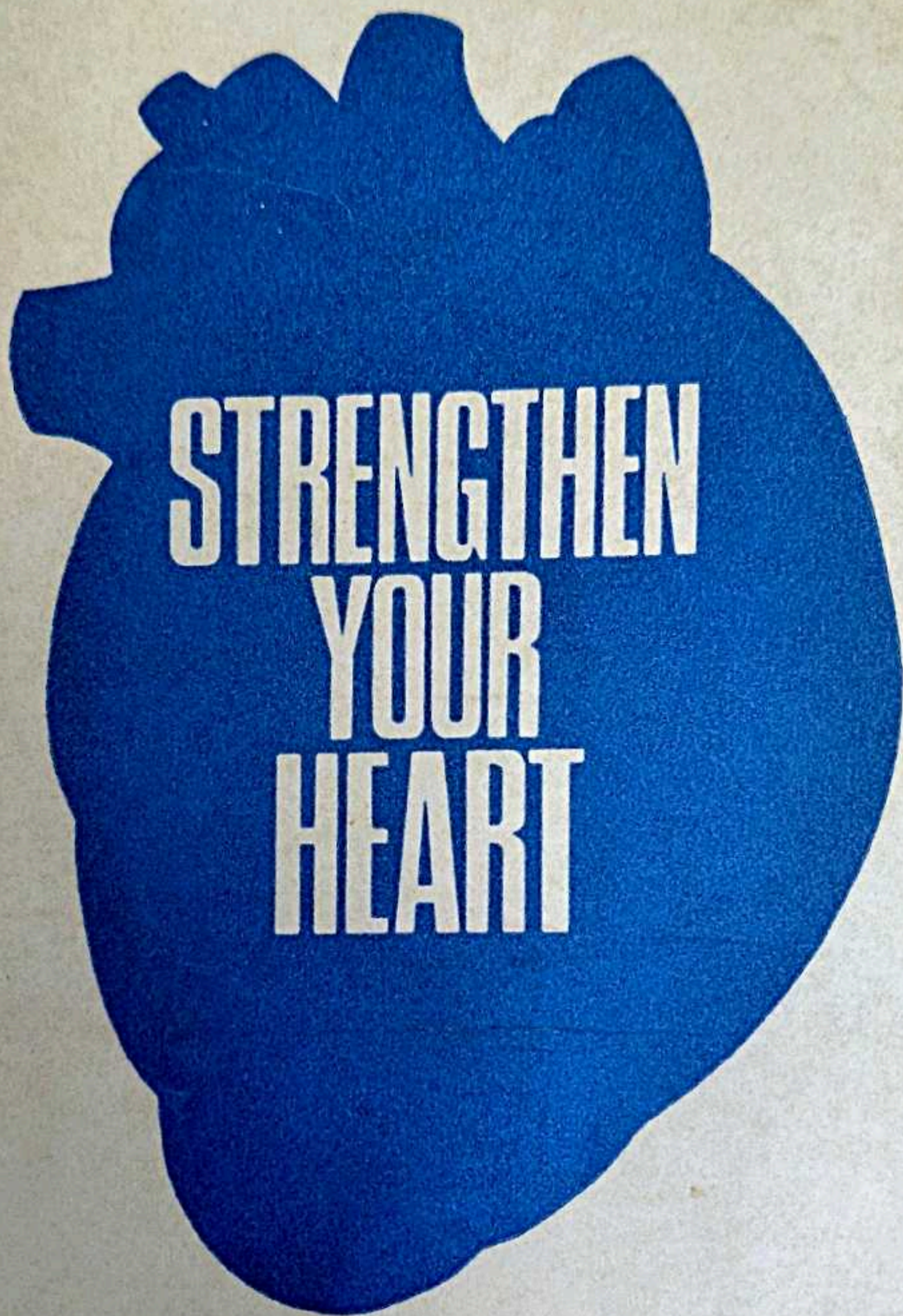
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